



Course Specification

(Bachelor)

Course Title: **Postnatal care**

Course Code: **MID26346**

Program: **Bachelor of Midwifery Sciences**

Department: **Nursing**

College: **College of Applied Medical Science**

Institution: **University of Bisha**

Version: **1**

Last Revision Date: **30 July 2023**





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A. General information about the course:

1. Course Identification

1. Credit hours: (4(2+2)

2. Course type

A. ☐ University ☐ College ☒ Department ☐ Track ☐ Others
B. ☒ Required ☐ Elective

3. Level/year at which this course is offered: (6th level / 3rd year)

4. Course general Description:

This course is designed to prepare midwives knowledge and skills for providing advance quality care to women during their normal postpartum period

5. Pre-requirements for this course (if any):

MID26243 Normal Labor and delivery

6. Pre-requirements for this course (if any):

NA

7. Course Main Objective(s):

This course is designed to prepare midwives to gain knowledge and skills for providing advance quality care to women during their normal postpartum period

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	24	27%
2	E-learning	6	7%
3	Hybrid - Traditional classroom - E-learning		-
4	Others(practical)	60	66%
5	Total	90	100



3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Study	24
2.	E-learning	6
3.	lab	60
4.	Projects/seminar	
5.	Others (specify) library	60
Total		150

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Define concepts and trends in postpartum care.	K1	Interactive lectures	Written exam
1.2	Distinguish between normal and abnormal, postpartum.	K2	Interactive lectures	Written exam
1.3	Describe the role of the midwives in prevention and management of high risk postpartum	K3	Interactive lectures	Written exam
2.0	Skills			
2.1	Apply the nursing process while providing care to women during postpartum period..	S1	Lab training Clinical round	Practical exams Case Scenario Nursing Care Plan
2.2	Demonstrate physical examination techniques using best available evidence.	S2		
2.3	Interprets the findings of the physical examination to detect the abnormalities and abnormal postpartum	S1		
	Implement obstetric medicines and instruments in terms of its use, contraindications, and precautions with clear effective instruction and	S3		



Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
	communications			
3.0	Values, autonomy, and responsibility			
3.1	Use information technology in management during Labor and delivery	V1	Lectures Lab training Clinical setting	Presentation Assignment
3.2	Communicate ethically and effectively with health team members	V2	Team based learning	
3.3	Work effectively with a team	V3		

C. Course Content

No	List of Topics Theory and Practical	Contact Hours
1.	Introduction to normal physiological changes during the postpartum period	6
2.	Physiological changes of the uterus and birth canal	6
3.	Changes of, blood and blood volume and cardiovascular system & Changes of urinary tract	6
4.	Physiological changes of thyroid function and immune system	6
5.	Psychological changes during postpartum period	6
6.	Postpartum assessment REEDA signs (e.g., perineal assessment, uterine massage & fundal height assessment & Pitting Edema and Deep Tendon Reflexes)	6
7.	Management and Nursing care of postpartum period	6
8.	Parenthood and family adjustments	6
9.	Breast feeding and lactation	6
10.	Postnatal hygiene and Perineal care	6
11.	Postnatal rest and exercises	6
12.	Postnatal Nutrition	6
13.	Home visits	6
14.	Health promotion and discharge planning	6
15.	Revision	6
Total		90



D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Continuous assessment	All through	30%
2.	Mid exam: Practical and theory	6 th -7 th	20%
3.	Final exam: Practical and theory	14 th -16 th	50%
4.	Total		100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	Wolters Kluwer., (2017): Essentials of maternity, newborn and women's health nursing. 4th ed. New York. London.
Supportive References	
Electronic Materials	Blackboard learning management system and DIGITAL Library
Other Learning Materials	Skill lab, PHC Centers, Clinics and hospitals

2. Required Facilities and equipment

Items	Resources
facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	- Classrooms - simulation rooms - laboratories - Clinical setting (Hospital)
Technology equipment (projector, smart board, software)	- Data show projector - Blackboard - smart board - Laptop computer - Computer based simulator
Other equipment (depending on the nature of the specialty)	

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students Course coordinator Program Leaders	Direct /indirect
Effectiveness of Students assessment	Students Course coordinator Program Leaders	Direct /indirect





Assessment Areas/Issues	Assessor	Assessment Methods
	Examination committee revision	
Quality of learning resources	Course coordinator Peer reviewer Examination committee revision	Direct /indirect
The extent to which CLOs have been achieved	Program Leader Course coordinator	Direct /indirect

Assessors (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify)

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	
REFERENCE NO.	
DATE	

